



January 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>30</p>	<p>31</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Like Us on Facebook: justbreatheyogastudiorome</p> </div>	<p>1</p> <p>10:30 am Detox Flow for the New Year*-Nicole</p>	<p>2</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 6:45 pm Mellow Evening Flow-Judy</p>	<p>3</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>4</p> <p>9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>5</p> <p>9:30 am All Levels Yoga - Liz 10:45 am Slow Flow Yoga I/II *-Nicole</p>
<p>6</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>7</p> <p>9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>8</p> <p>9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight</i>*-Nicole</p>	<p>9</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 6:45 pm Mellow Evening Flow-Judy</p>	<p>10</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>11</p> <p>9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>12</p> <p>9:30 am All Levels Yoga - Liz 10:45 am Yoga II Flow *-Nicole (12:30 pm Essentials & Fundamentals for a Better Practice-Nicole)</p>
<p>13</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>14</p> <p>9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>15</p> <p>9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight</i>*-Nicole</p>	<p>16</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 5:30 pm Just Breathe & Read Book Club 6:45 pm Mellow Evening Flow-Judy</p>	<p>17</p> <p>9:30 am Beginner's Yoga-Nicole 10:45 am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/III*-Nicole</p>	<p>18</p> <p>9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>19</p> <p>9:30 am All Levels Yoga - Liz 10:45 am Yoga II Flow *-Nicole (12:30 pm Essentials & Fundamentals for a Better Practice-Nicole)</p>
<p>20</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Gabby</p>	<p>21</p> <p>9:30 am Yoga I-Sandy 5:30pm Lunar Flow Yoga*-Nicole</p>	<p>22</p> <p>9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight</i>*-Nicole</p>	<p>23</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 5:30 pm Yoga Teacher Training Info Session 6:45 pm Mellow Evening Flow-Judy</p>	<p>24</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>25</p> <p>9:30 am Yoga I/II- Yuki (11:00am Mommy & Baby Yoga-Nicole)</p>	<p>26</p> <p>9:30 am All Levels Yoga - Liz 10:45 am Yoga II Flow *-Nicole (12:30 pm Essentials & Fundamentals for a Better Practice-Nicole)</p>
<p>27</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>28</p> <p>9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>29</p> <p>9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight</i>*-Nicole</p>	<p>30</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 6:45 pm Mellow Evening Flow-Judy</p>	<p>31</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>1918 N. JAMES ST. ROME, NY 13440</p> <p>315-337-4860</p> <p>yoga@justbreatheyogastudio.com</p> <p>www.justbreatheyogastudio.com</p>	

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